

John Edward and Joseph
are to sail from New York
for Venice on the 1st of March.

Joseph is better but not able
yet to study. John Ed. is thrown
out of business by the torna-
do that has swept over the
business world — and phy-
sicians and friends think
the best thing they can do
is to travel in Europe —

In the last three numbers
of the Christian Inquirer
are published all the es-
sential parts of my ad-
dress in May 1855 to the Unit-
arian Conference in Bos-
ton. I wish you would read
it and transfer the best
parts of it to the Liberator.

Wife & children & aunt
Charlotte unite with me
in love to you & Ellen and
your heirs. —

Most affectionately
Yours Sam. J. May.

I do not know Mrs Chapman's P.O. address and
therefore will trouble you to send the enclosed to her.
Beg him from me to take
care of his health - to go to
bed early and to rise early
to take a great deal of out
door exercise - "Semper ad
sudorem sed non fatigatio-
nem." Advise him not to
drink coffee and perhaps
not tea: to eat three times
a day if it be possible
at intervals of six hours;
not to eat melted butter;
never to eat ~~any~~ thing be-
tween meals; to wash his
whole body two or three
times a week, and rub
it with a coarse towel until
the sparks fly. He should
rub himself very faithful-
ly, the mornings that he does
not bathe. Of course he will
abstain from Tobacco in every
form and every measure.

friends - and the places
where I have lived in
times past especially those
upon the sea shore -

I intend to be with you
at the Convention in Albany.
Now is the time to
speak calmly, but explicitly
by our boldest words. The
present governmental arrangements
of our country
ought to be broken up - if
for no other purpose - in
order to take from the President
and the Heads of
the different Departments
their immense patronage,
and to protect the people against
the roguery & rascality
of their legislators.

I hear from Cambridge
directly & indirectly excellent
reports of Wendell.

To W. L. Garrison.

Syracuse
Feb. 11, 1858.

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My very dear friend,

I am much in your debt for a kind letter received from you several weeks ago. It would have been sooner answered, but for the numerous claims upon my time & pen that have pressed upon me since my return from Glen Haven.

My health is much improved, and I believe that, with proper judgment, I shall be able to do all the duties that will probably devolve upon me here until July next, when I purpose to go to New England and spend two or three months in visiting my